



Leonard's Life



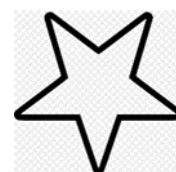
Issue: 6

13th October 2023

A note from Miss Roberts.....

This week, the children enjoyed taking part in Hello Yellow Day to raise money for the children's mental health charity, YoungMinds. Each year group took part in a range of different activities throughout the day to promote positive mental health and wellbeing. You can see some photos from the day further on in the newsletter.

Also this week, children in Year 1, Year 5 and Year 6 took part in their first Commando Joe's session and thoroughly enjoyed the different team building games and challenges. Children in Year 2, Year 3 and Year 4 will get the opportunity to work with our Commando Joe's instructor later in the school year as well.



w/c 02/10/23	Class Award	Presentation Award	Punctuation Award	w/c 09/10/23	Class Award	Presentation Award	Punctuation Award
Year N	Henry			Year N	Perrin		
Year R	Penny			Year R	Ethan		
Year 1	Scarlett	Otilie	Edward	Year 1	Willow	Sophie	Webb
Year 2	Harri	Marnie	Pranasya	Year 2	Jacob	Krisshiv	Oscar W
Year 3	Jacob	Zac	Ted	Year 3	Ryan	Aria	Jessica
Year 4	Rachael	Ava	Harry	Year 4	Harper	Turnbull	Sofia
Year 5	Rudie	Mustafa	Libby	Year 5	Max	Jordan	Theo
Year 6				Year 6	Max	Hollie	

Well done everyone!



w/c 02/10/2023

w/c 13/10/2023

Class	Attendance %	Class	Attendance %
R	91.3%	R	93%
1	95.35%	1	98%
2	95.65%	2	97%
3	99.4%	3	97.4%
4	96.9%	4	95.6%
5	97.75%	5	95.5%
6	99.3%	6	94.5%

Autumn Afterschool Clubs

Club	Year	Day	Teacher
German	3/4/5/6	Tuesday 3:30—4:15 pm	Miss Roberts
KS2 Sports	3/4/5/6	Wednesday 3:30—4:15 pm	Miss Bird and Miss Cooke
Lego	1/2	Thursday 3:30—4:00 pm	Mrs Hitchen
Multi-Sports	Rec/1	Thursday 3:30—4:15 pm	Miss Jones
Choir	3/4/5/6	Friday lunchtime	Miss Bayliffe
Calm Club	Invite only	24/10/2023	Mrs Callaghan

Music Explorers

Johann Pachelbel
1653-1706

In school, we are listening to Pachelbel's *Canon in D*. Pachelbel is a German composer and his compositions have inspired lots of music today. What can you find out about Johann Pachelbel?

Activities
13th October 2023-27th October 2023

Create a fact file on Pachelbel.
10 credits.

Possible opportunities:

- Chance to present fact file to class/school
- Chance to earn a certificate
- Chance to earn 20 credits
- Chance to have your work on display

Create a mini-model orchestra including instruments that Pachelbel played OR choose one instrument that Pachelbel played and make a model of that.
If you play an instrument then please get in touch!
10 credits.

Possible opportunities:

- Chance to perform instrument to class/school
- Chance to present model to class/school
- Chance to earn 20 credits

What modern day songs have been influenced by Canon in D? Create a poster, including a timeline, of these songs as they have developed. Can you spot similarities and differences?
10 credits.

Possible opportunities:

- Chance to present poster to class/school
- Chance to earn 20 credits
- Chance to have your work on display

The whole of Canon in D is based on 8 notes repeated over and over again. See below.
Can you label these notes? Can you rearrange these notes to make your own composition? You could do this with your voice or an instrument. You might want to add lyrics. The choice is yours.
10 credits.

Possible opportunities:

- Chance to perform to class/school
- Chance to win your composition framed
- Chance to display your work.
- Chance to win 20 credits.

EYFS
Colour the poster that has been sent home. How does this music make you feel?

Possible opportunities:

- Chance to present your poster to class/school
- Chance to win a special certificate

KS2
Draw and write in the inspiration box using the information around it. Can you sing, hum or add lyrics to the melody?
10 credits.

Possible opportunities:

- Chance to present your poster to class/school
- Chance to perform your melody to class/school
- Chance to win a special certificate
- Chance to win 20 credits

Information for Parents

Children can complete as little or as many activities that they wish to take part in. They will receive 10 credits for each activity they complete and the possible opportunities that come with this are listed below. EYFS/KS2: there are specific activities that are more age-related than the other activities but if your child would like to complete the other activities then that is fine too! Likewise, KS2 are more than welcome to complete EYFS/KS1 activities. It is your choice. Have fun, be creative, and get musical!

Music Explorers

This year, we will be encouraging children and their parents to get involved with some fun, educational and interesting activities; completely focused on music.

These activities are optional but children will be provided with a range of rewards from credits to opportunities to perform for completing them.

The first edition of Music Explorers has been emailed out to parents already and a further copy has been attached to the email including this week's newsletter.

For more information about this, please see the email sent on 11/10/23 or contact Miss Bayliffe.

MacMillan Fundraising

Thank you to everyone who came along to our coffee morning on Friday 29th September and helped to raise the grand total of £461.67.

Well done everyone!



TAKEHOME



How does change happen?

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



© Picture News 2023

In the news this week

October is Black History Month in the UK. This year's theme is 'Saluting our Sisters' - highlighting the role Black women have played in shaping history, inspiring change, and building communities in the UK. Commemorations will feature Black women, who have made outstanding contributions to many areas including music, literature, fashion, sport, business, politics, and health care.

Things to talk about at home ...

- > Share what you already know and understand about Black History Month in the UK.
- > This year's theme is 'Saluting our Sisters'. What are some of the ways that you think we could do this?

Please note any interesting thoughts or comments

Christmas Cards Fundraising

Today, your child will be bringing home a Christmas Card design sheet for you to complete at home, if you would like to. These need to be returned to school by Wednesday 25th October to be returned to the printing company.

If you choose to complete the design, you will then receive further information on ordering items with your child's design on.

Staffordshire Connects

Aiming High is a programme of activities and short breaks for children and young people aged 0-18 years old with a special educational need/disability (SEND) who live in Staffordshire. Activities are available to anyone with a need. An Education, Health and Care Plan (EHCP) is not needed.

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/localoffer.page?localofferchannel=6-1-8>

Harvest

Just a reminder that our Harvest celebrations will take place in school next Friday 20th October at the following times:

9:15 am for Year 1/2/3
10:15 am for Year 4/5/6
11:00 am for Nursery
2:30 pm for Reception

Could all children please bring in donations of non-perishable food items for the local food bank?

Thank you in advance for your support.

PTFA AGM

Just a quick reminder that the PTFA AGM meeting will take place on Wednesday 18th October at 7:00 pm in school.

Everyone is welcome to come along.

Nursery

We have continued with our learning based around 'All About Me'. We have been thinking about where we live and who we live with. We have collaged houses, drawn pictures and built houses using a variety of construction materials. We are trying really hard to develop our fine motor skills and hand eye co-ordination with threading activities and by using the playdough equipment. Our beautiful self-portraits are up on display, they look fabulous and we are all very proud of them. Nursery joined in with 'Hello Yellow Day' dressing in yellow clothes, thinking about our different feelings and facial expressions, we even took part in a yoga class.



Reception

Reception have been very busy. We have been learning about our bodies and what we need to keep our bodies and minds healthy. This Tuesday was 'Hello Yellow Day' where we thought about mental health and how we can keep our minds healthy, we chopped and peeled fruit to make a tasty fruit salad and even tried some calming yoga in the hall.

Another super few weeks of learning Reception.

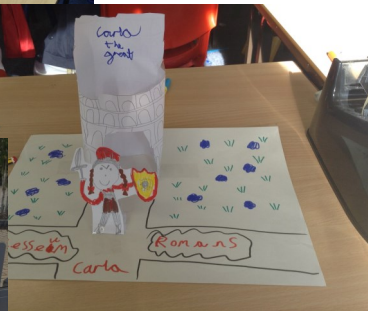
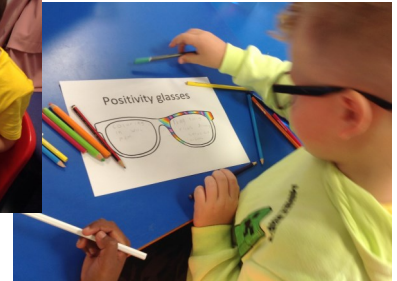
Year 1

Year 1 have had a very busy couple of weeks! The children have been learning more about dinosaurs and fossils; they painted a fossil in art and practised moving like different dinosaurs as part of their PE lesson. They also took part in lots of activities for Hello Yellow day, including showing their emotions by making a playdough face and taking part in Cosmic Kids yoga.



Year 2

Year 2 had a wonderful yellow day of activities celebrating children's mental health day on Tuesday. We enjoyed a range of activities including Art, Drama, PE and Writing. The children made positivity glasses and positive affirmation cards, enjoyed breathing exercises and talking about how to help us be positive in our world.



Year 3

Year 3 have had a very busy two weeks. We had a fun Roman day last Friday and made catapults out of wooden sticks, elastic bands and used a pompom as the rock. Then we had an online virtual tour of the colosseum and made our own using paper and Lego. We so much fun some children asked if we could have another Roman day! For mental health day this week, we dressed in yellow to brighten up the classroom and looked at the 4 zones of regulation. We discussed different feelings and emotions and found alternative words in the thesaurus. Using those words, we then made a poster of the four sections and thought about how we can calm ourselves down to hopefully get back into the green zone.

Year 4

Year 4 have had a wonderful week learning all about mental health and staying healthy. They really enjoyed celebrating Hello Yellow Day, completing a range of activities to help them better get to know themselves and others around them. Later in the week, they practised drawing their 'outer face' and 'inner self'. We reflected on what the world sees when they look at us but what about if they could see inside us? Y4 children thought about what makes them special and unique. They shared these with their friends and had brilliant discussions about hobbies, friendships and positive attitudes.



Year 5

In Year 5, we have had another two weeks packed with exciting and fun learning. Last week, many of the children took part in and completed their Level 1 Bikeability. Their instructor, Neal, was very impressed with their listening and bike riding skills - well done! This week, for Hello Yellow Day, we did a range of activities to learn about the importance of mental health. We particularly enjoyed yoga and making positive, inspirational posters to put up outside of school on our fence. We hope that reading them brings a smile to your face and makes you feel good inside!



Year 6

Year 6 have experienced many great opportunities over the past two weeks, starting with our residential trip to Standon Bowers. We were so proud of all of the children as they demonstrated resilience and focus when attempting all of the activities, some of which were very testing i.e. the high ropes and caving. They really faced their fears and had a go and for that we could not be more proud. As well as this, their behaviour was a credit to our school and this was commented on by the instructors at the site. Since our return, we have been focusing on writing, producing some really descriptive recounts based on our focus text - War Horse. We also took part in our first Commando Joe session which was a real hit and we can't wait for Monday. All in all a very successful couple of weeks.

Leo's Den

The children have taken part in an art activity this week continuing our autumn theme. The children used sugar paper, autumn colour paints, conkers and a salad dryer. All the children had great fun creating their masterpieces.



OCTOBER 2023	
Monday 16 th October	Y6 Level 2 Bikeability
Tuesday 17 th October	Y6 Level 2 Bikeability
Tuesday 17 th October	Early Years parents invited in for Stay and Play sessions 9:00 – 10:00 am for Nursery 2:00 - 3:00 pm for Reception
Wednesday 18 th October	7:00 pm – PTFA AGM meeting in school. Everyone welcome.
Friday 20 th October	School Harvest – donations of non-perishable food items for the House of Bread food bank Parents are invited into school at the following times: 9:15 am in school for Y1, Y2 and Y3 10:15 am in school for Y4, Y5 and Y6 11:00 am – Nursery activities and songs in class 2:30 pm -Reception activities/songs in class
Tuesday 24 th October	Sports Enrichment Day – all children to wear their school PE kit
Friday 27 th October	9:15 am – Special celebration assembly Parents will be contacted the week before if their child has been chosen for an award
Friday 27 th October	Wear it Pink - £1 donation on ParentPay for charity – wear something pink Last day of term
Mon 30 th Oct to Fri 3 rd Nov	Half Term Holiday
NOVEMBER 2022	
Monday 6 th November	School reopens for pupils
Tuesday 7 th November	Year 2 Dinosaur Topic Workshop in school
Wednesday 8 th November	Parents’ Evening – booking information to come out nearer to the time
Sunday 12 th November	Remembrance Sunday – poppies will be on sale week beginning 6 th November
Monday 13 th November	Odd Socks Day as part of Anti-Bullying Week – wear odd socks with your uniform/PE kit
Friday 17 th November	Children in Need – £1 donation for charity on ParentPay - wear spotty non-uniform)
Monday 20 th November	Open Afternoon for parents of children starting in Nursery and Reception in September 2024 1:30 – 3:30 pm
DECEMBER 2023	
Friday 1 st December	Non-uniform in exchange for donations of gifts for the Christmas hampers
Tuesday 5 th December	Sports Enrichment Day – all children to wear their school PE kit
Wednesday 6 th December	Morning – Whole school panto visit
Friday 8 th December	Nursery and Reception Santa Trip – details to follow
Monday 11 th December	9:15 am Parent Forum meeting in school – everyone welcome
Tuesday 12 th December	3:30 pm – Year 5 Parents invited in for a Topic Showcase
Wednesday 13 th December	Christmas Lunch in school - Wear your Christmas Jumper
Friday 15 th December	9:15 am – Special celebration assembly Parents will be contacted the week before if their child has been chosen for an award
Friday 15 th December	Termly reports to go home
Friday 15 th December	School Discos after school
Monday 18 th December	9:30 am – Nur/Rec Christmas Play 2:00 pm – Y1/2 Christmas Play
Tuesday 19 th December	9:30 am –Y1/2 Christmas Play 2:00 pm – Nur/Rec Christmas Play
Wednesday 20 th December	Y3/Y4/Y5/Y6 Party Day– children to wear party clothes to school
Thursday 21 st December	Christmas Services for Key Stage 2 at 9:15 – 9:45 for Y5/Y6 and 10:15 – 10:45 for Y3/Y4 Nur/Rec/Y1/Y2 Party Day – children to wear party clothes to school
Friday 22 nd December	Last Day – Non-uniform - £1 donation for school fund. School closes for Christmas
Mon 22th Dec to Fri 5th Jan	School closed – Christmas Holidays
JANUARY 2024	
Monday 8 th January	School reopens to pupils

What does the MHST do?

Support can be offered in the following ways:

- One to one meetings between young person and practitioner
- Groupwork (in person)
- Groupwork (online)
- Parent support / workshops



We offer 6 to 8 sessions of guided self help, informed by Cognitive Behavioural Therapy (CBT) principles.

Our sessions are confidential but we hope to foster open communication. We follow confidentiality policies, therefore if we have any immediate concerns with your child these will be discussed with you.

Where can I get further support?

We are a low intensity early intervention support team. If you feel your child needs more urgent support, please find further information via the QR code below.



SCAN ME

- Open the Camera app on your mobile phone.
- Select the rear-facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device will recognise the QR code and display a notification.
- Tap the notification to open the link associated with the QR code.



@SOUTHSTAFFSMHST
Follow us on Twitter, Facebook and Instagram.

Mental Health Support Team

Information for parents



Who are MHST?



We are a team of Mental Health Practitioners that work with children and young people.

We understand the difficulties young people can face and how this can affect their mental health.

We offer low intensity CBT based support to give children and young people the skills they need to manage these difficulties.



Who MHST can support

We support young people aged 5 to 18 when there is a clear mental health need present, such as:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic



Our interventions work best when a young person wants to access support and is willing to put the work in both in and outside of our sessions.



Who MHST can't support

In the absence of a mental health need, we can't support young people who are struggling with:

- Trauma
- Autism or ADHD
- Difficult family dynamics
- Bereavement
- Self-esteem / confidence issues
- Drug or alcohol addiction



How can I refer into MHST?

Contact the Senior Mental Health Lead at your school if you feel your child would benefit from support from the Mental Health Support Team.